



Abbreviations

Ch = Cheese
CCh = Cottage Cheese
HM = Human Milk
IFF = Iron Fortified Infant Formula
IFC = Iron Fortified Infant Cereal

Opt= Optional
Tbsp = Tablespoon
Oz = ounces

AM = Morning Snack
PM = Afternoon Snack

Iowa CACFP 8-11 Months (until 1st birthday) - Individual Infant Monthly Menu

Directions: This monthly menu form is for one infant (age 4-7 months). Date and complete the menus (breakfast, lunch, AM and PM snacks) when served to the infant.
(Revised 10/2013)

Month & Year		Infant's Name	
Formula Name		Birth date	Age
Who provides formula?	Parent or Center (circle one)	Optional foods tried and now required	

Infant Meal Pattern*		Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
BFT	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Fruit and/or Vegetable					
AM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Fruit and/or Vegetable					
	2-4 Tbsp IFC and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz cheese; 2-8 Tbsp C Ch or 1-4 oz Ch Food or Ch Spread					
PM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
BFT	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Fruit and/or Vegetable					
AM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Fruit and/or Vegetable					
	2-4 Tbsp IFC and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz cheese; 2-8 Tbsp C Ch or 1-4 oz Ch Food or Ch Spread					
PM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					

(Over)

Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
BFT	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Fruit and/or Vegetable					
AM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Fruit and/or Vegetable					
	2-4 Tbsp IFC and/or 1-4 Tbsp meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz cheese; 2-8 Tbsp C Ch or 1-4 oz Ch Food or Ch Spread					
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PM	2-4 oz HM or IFF or Fruit Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					

*Minimum quantities are listed; some infants will need more food to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.